



Hello families!

Each week you will receive some suggested activities to do together as a family that focuses on a specific topic within the monthly PBIS theme. September's theme is READINESS. This week's topic is: **routines**.

Last week we focused on starting off on a clean slate by reorganizing our spaces and readying our minds for a new school year. This week focuses on creating routines for the whole family. Routines are important to help organize our lives and keep our schedules from becoming too chaotic. Routines help prevent getting overwhelmed or stressed out. Children do best when routines are regular, predictable, and consistent. Of course, not all routines should be too rigid, and they should be open to flexibility when something new comes up. Let's focus on establishing simple routines that will help ready children as they adapt to their new school schedules:

1. **Morning routines:** Like many adults, most kids may not be morning people! Children may have trouble getting up in the morning and feel flustered getting ready for the day. Creating a morning routine or checklist can help make the morning and overall day run smoother.

- a. Use a checklist - a whiteboard, print out, or hand written checklist can be useful in visualizing what children should get done in the morning before heading off to school and act as reminders so they don't forget anything! Use the sample checklist as a guide. Feel free to customize it to fit your children's needs!

A SHORT TO-DO LIST:	M	T	W	TH	F
Wake up on time	●	●	●	●	●
Brush my teeth	●	●	●	●	●
Change for school	●	●	●	●	●
Drink a glass of water	●	●	●	●	●
Head out for the bus	●	●	●	●	●

- b. Sticky notes - A great way to create morning reminders for ourselves and our children is to use sticky notes. Place sticky notes above the door knobs, on the bathroom mirror, and on the refrigerator door with little reminders or notes of encouragement if your children have a big day ahead of them!



2. **Bedtime routines:** Creating bedtime routines can help children feel more prepared for the following day, as well as help them settle down in order to get a better night's sleep.



- a. Checklist: Similar to the morning routine checklist, a bedtime checklist can also help children visualize what they need to do before they fall asleep. Use the example as a guide and feel free to customize the list!
- b. Journaling - Whether it's a diary-like journal, or a small notepad, journaling can be incredibly beneficial for children to practice writing and record their thoughts and memories. Journals are an opportunity for children to reflect on their day and they may find it therapeutic to jot down their emotions and experiences in a non-judgemental space.
  - i. Some children may find it awkward or difficult to get started, but [journal prompts](#) can help them get started.
  - ii. There are no rules to journaling: writing, doodling, scrapbooking—journals are their own personal space to use as they see fit.
  - iii. Children are never too young to start! As early as [preschool age](#), all children can benefit from journaling.
  - iv. Start off simple with a plain notepad or notebook with blank, lined, or dotted pages. Use pencils, pens, crayons, markers, stickers, magazine clippings, or anything else you have at home for your children to use.
  - v. Parents, you can also journal alongside your kids and make it a family activity!
  - vi. Set at least 15 minutes aside before bedtime to journal. This evening routine can help relieve any stress and anxieties from the day or record memories to be remembered. Journaling before bed can also be an opportunity to prepare for tomorrow's tasks.

Routines are an important skill for everyone to practice building. Starting out simple with establishing morning and bedtime routines is a first step for children to practice budgeting their time and personal scheduling and help them become more independent, self-aware, and self-disciplined.

As always, we'd love to see what our families are doing at home! Feel free to [share any photos or anecdotes](#) on how your family practices and establishes routines at home that we may share with our Mullica community.



# GOOD MORNING!

## A SHORT TO-DO LIST:

	M	T	W	TH	F
Wake up on time	<input type="checkbox"/>				
Brush my teeth	<input type="checkbox"/>				
Change for school	<input type="checkbox"/>				
Drink a glass of water	<input type="checkbox"/>				
Head out for the bus	<input type="checkbox"/>				



# BEFORE BEDTIME...

## A SHORT TO-DO LIST:

	M	T	W	TH	F
Change into PJs	<input type="checkbox"/>				
Brush my teeth	<input type="checkbox"/>				
Pick out clothes for tomorrow	<input type="checkbox"/>				
Organize tomorrow's stuff	<input type="checkbox"/>				
Turn the lights off	<input type="checkbox"/>				

---

# DO'S & DON'T FOR JOURNAL TIME

Here's a quick list of things to do and not to do during journals.  
*Remember our main goal is to help students fall in LOVE with writing and become a confident writer and illustrator!*

DO	DON'T
<ul style="list-style-type: none"><li>✓ Have fun</li><li>✓ Celebrate their writing and picture</li><li>✓ Give specific praise</li><li>✓ Comment on their picture and writing</li><li>✓ Talk about letters</li><li>✓ Talk about letter sounds</li><li>✓ Isolate the initial sound (dog = /d/ + /og/)</li><li>✓ Sound out words when students are ready (cat = /k/+/a/+/t/)</li><li>✓ Ask questions about their picture</li><li>✓ VALUE their writing at whatever level they are on</li><li>✓ VALUE their picture</li><li>✓ Model writing (write in your own journal sometimes with them during journal time)</li><li>✓ Scaffold writing and drawing strategies (aka help and support students on their own individual level)</li><li>✓ Have students help each other and talk about their writing during journal time</li><li>✓ Let students pick what they write about</li><li>✓ Put out alphabet charts and name plates for students to use as a support</li><li>✓ Get excited about their journals</li></ul>	<ul style="list-style-type: none"><li>× Make it stressful for students</li><li>× Make it stressful for you</li><li>× Point out all the errors and mistakes</li><li>× Tell students how to spell a word</li><li>× Focus on perfect letter formation</li><li>× Support a student at a level that is frustrating for them</li><li>× Rush, or say "hurry up"</li><li>× Give students a writing prompt</li><li>× Use journal time to prep things. They will think that you don't value their writing.</li></ul>